



Suicide Awareness Month – September 2024

Background

Now in its ninth year, Suicide Awareness Month brings together community partners to promote suicide prevention, awareness, and education, to let those struggling know they are not alone, and to provide support for those bereaved by suicide.

This toolkit includes resources that you can utilize to participate in Suicide Awareness Month.

Contents *(see following pages)*

- Logo
- Social Media Banners
- Zoom Background
- Email Signature
- Social Media Messages

Other Resources

- [9-8-8 Facts About Suicide](#)
- [9-8-8 Community Resources](#)
- [9-8-8 Suicide-safe Language](#)
- [9-8-8 Guidelines for Media](#)
- [9-8-8 Risk Factors](#)

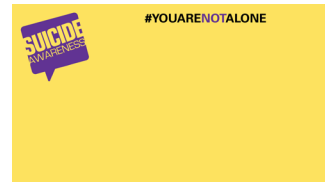


YOU ARE NOT ALONE

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Suicide Awareness Month – September 2024 Graphics

Zoom Background



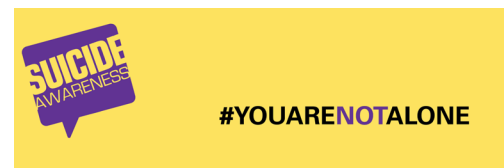
Logos



Social Media Cover Images
Facebook



X (Twitter)



Instagram





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Suicide Awareness Month – September 2024 Social Media Posts

SUICIDE AWARENESS

This is a sign to remind you that even if you haven't been feeling it lately, you matter. You are valued. You make the world better by being in it.

#youareNOTalone
#SuicideAwareness2024

SUICIDE AWARENESS

We all have different signs that indicate we're struggling. Recognizing our own unique signs of struggle is the first step in keeping ourselves safe.

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SUICIDE AWARENESS

There should be no shame in struggle, and there should be no struggling in silence. To share our struggles with someone we trust is a key part of finding hope and meaning.

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SUICIDE AWARENESS

Resist the temptation to turn inward when you're struggling. Sharing our struggles with those we trust is a brave act of vulnerability. It builds connection, it lets the light in, and it can provide the spark of hope we're so desperately looking for.

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SUICIDE AWARENESS

Connect with a trusted person or organization and write down two people and two activities that provide distraction. Having these written down can help keep us safe when we're struggling.

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SUICIDE AWARENESS

Asking someone if they are thinking of suicide will not put the idea in their head - it may actually provide the invitation someone needs to open up for the very first time.

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SUICIDE AWARENESS

When the weight of living feels too heavy, hold on to your life promoters. These could be family members, friends, pets, fictional characters, songs, and more. No person, place, or thing is too small to be a life promoter. If it matters to you, it matters.

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SUICIDE AWARENESS

Experiencing a mental health crisis can make us feel as though we are imminently unsafe with our thoughts, feelings, or behaviours. Those experiencing a mental health crisis in Windsor-Essex can call 519-973-4435 to connect to urgent support.

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SUICIDE AWARENESS

If you're feeling like you're experiencing a mental health crisis and you aren't sure of your community's crisis line, call or text 9-8-8. A crisis responder will answer and connect you to resources in your local community.

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SUICIDE AWARENESS

Indigenous nations in Canada experience disproportionate mental health struggles due to the effects of ongoing settler colonialism. Indigenous folks looking for culturally competent support can contact Hope for Wellness 24/7 at 1-855-242-3310.

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SUICIDE AWARENESS

If you're an Indigenous person looking for culturally competent support and you live in NAN territory, you can call or text NAN Hope at 1-844-NAN-HOPE (1-844-626-4673) for crisis response and rapid access counseling.

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SUICIDE AWARENESS

Community connection is essential as a protective factor for 2SLGBTQ+ people against suicide. Check in on the 2SLGBTQ+ people in your life, and help them connect to affirming supports in the community.

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SUICIDE AWARENESS

Men account for approximately 3/4 of suicides in Canada. This alarming statistic reminds us to check in on the men in our lives and ensure no one walks alone. If you need some tools to learn how to check in, the Buddy Up campaign can help.

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SUICIDE AWARENESS

If you're between the ages of 5-29 and you need immediate support, call Kids Help Phone at 1-800-668-6868 (toll-free) to reach a trained counselor 24/7, or text CONNECT to 688888 to reach a trained volunteer crisis responder.

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SUICIDE AWARENESS

It can feel scary to ask someone if they are thinking of suicide. If you're looking to gain confidence to ask this important question, we offer SafeTALK suicide awareness training and ASIST suicide intervention training.

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SUICIDE AWARENESS

If you want to ask someone if they're thinking about suicide but you aren't quite sure how to go about it, SafeTALK training might be for you.

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SUICIDE AWARENESS

If you have the tools to broach the topic of suicide but want to learn about providing suicide first aid, ASIST training might be for you.

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SUICIDE AWARENESS

If someone you know is struggling and starts speaking in hopeless terms or exhibiting stark changes in behaviour/appearance, they may be thinking about suicide. Connect them to a SafeTALK or ASIST helper, or ask them directly if you are able.

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SUICIDE AWARENESS

If you're interested in helping to develop suicide-safer communities, you may wish to join Roots of Hope. Roots of Hope NCoP is Canada's first National Community of Practice for community-led approaches to suicide prevention and life promotion.

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SUICIDE AWARENESS

'Social support networks' is listed as a protective factor in Canada's National Suicide Prevention Action Plan. If you know someone who is struggling, reach out and let them know you're thinking of them. A little connection can go a long way.

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NOTES

Day 11 - Include link to [NAN territory map](#)

Day 12 - Mention Windsor-Essex Pride Fest, Windsor Pride Community, Run for Rocky Legacy Project-Windsor-Essex Ontario QLink and Trans Wellness Ontario

Day 14 - Mention all the languages offered in the caption: English, French, and over 100 languages including Plains Cree, Severn Ojibwe, Ukrainian, Russian, Pashto, Dari, Mandarin and Arabic

Day 22 - Link [Sashbear's Resources for Caregivers](#)

Day 24 - Link to [CMHA's AGM](#)

Day 26 - Caption about how moving through struggle makes the movement more admirable, not less. Find the people that help you keep raising your voice through the darkness.